

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

Housekeepers' Chat

Wednesday, February 27, 1929.

NOT FOR PUBLICATION

Subject: "'Yarbs' and Spring Tonics." Menu and recipe for Mulligatawny Soup from Bureau of Home Economics, U. S. D. A.

--ooOoo--

I promised you a recipe for Mulligatawny Soup today -- good, old-fashioned Mulligatawny, the ne plus ultra of soups, for a hungry man.

We'll have this recipe, just as soon as I make a few appropriate remarks about spring tonics, and "yarbs." "Spring, beautiful spring" is on its way, and with spring comes spring fever. Far be it from me not to do all in my power to ward off this epidemic. For spring fever affects the spring poets, and you know what that means. A regular deluge of bowers and flowers, moons and tunes, birds and bees, and what-you-please.

What is "spring fever," anyway? To most of us, spring fever means only the lazy feeling which comes over us during the first warm days, when we want to do nothing but relax, and rest in the warm sunshine. But there is another kind of spring fever which demands some attention. Persons who have this type of spring fever are not simply lazy. They have a sluggish feeling, which indicates that their bodies are not in good working order.

We eat food to nourish our bodies. The part that does not nourish our bodies should be thrown off, as waste matter. Fruits and vegetables help rid the body of waste matter. In the winter time, when fruits and vegetables are expensive, or hard to obtain, our bodies may not get enough mineral matter and vitamins. These act as body regulators. In the summer, when we eat an abundance of fresh fruits and vegetables, our bodies can store up a surplus of valuable food materials. This surplus may become depleted in the spring, if the diet has been limited during the winter.

Very likely your family will not need a spring tonic, if you have been including in your daily meals a plenty of such vegetables as carrots, turnips, celery, cabbage, and parsnips, lettuce, good old-fashioned sauerkraut, and canned vegetables. Oranges, apples, and grapefruit help to ward off spring fever, and if fresh fruits are not obtainable, dried fruits - apricots, prunes, figs, raisins, and so forth are very good substitutes. For the season just before fresh green vegetables are available, I try to include in my meals the foods I have mentioned, and canned tomatoes - lots of canned tomatoes.

Almost before we realize it, the wild greens will be ready for table use. Dandelion leaves, dock, wild mustard, lamb's quarter or pigweed,

watercress, and sorrel. Do you know that sorrel is often used as flavoring with mild greens, and in salads? Then there are the cultivated greens. Every garden should contain some of these - spinach, Swiss chard, kale, mustard, horseradish, young turnip tops, and beet tops.

Greens, whether they're wild or cultivated, add variety to the diet, and stimulate capricious appetites. They furnish building material for children, help prevent constipation, and supply the vitamins needed for normal health. There's iron in greens, too, just as there is in expensive tonics, put up in fancy glass bottles.

Liver is another rich source of iron and vitamins, and is sometimes given to people suffering from anaemia.

Speaking of iron, why buy spring tonic from the drugstore, when the hens are working overtime to produce an abundance of eggs, which are far more effective as a source of iron? Egg yolk heads the list of iron-rich foods. It is one of the best possible means of supplying the body with this valuable mineral. Egg yolk contains phosphorus and calcium, too, elements needed to build bones, teeth, and other tissues. The white of eggs comes very near to being pure protein, which is one of the chief substances of our bodies. Eggs are also rich sources of vitamins, those A B C's of the diet, needed to promote health and proper development. Taken all in all, the hen beats the doctor as a mixer of spring tonic. She combines minerals, with other valuable foods, in a form that the body finds particularly useful.

Every wise homemaker plans to use an abundance of eggs in the spring. Good economy, as well as good nutrition. There are so many appetizing ways of using whole eggs, or the yolks and whites in separate dishes, that the family need never tire of them.

One or two egg yolks, stirred into a milk soup, or sauce for a vegetable, just before serving, increases food value and improves flavor. For children, especially, this is a good way to add iron to the diet.

Custards, steamed or baked, soft or stiff, are year-around standbys in most households. In the spring, however, the homemaker can afford to be more generous with the eggs. The family will enjoy a pudding, or a soft custard served with stewed fruit, occasionally, instead of cream.

In these and many other ways, the clever homemaker can put so much iron in the daily meals that there will be no need for the patent medicine man's tonic.

There's another year-around tonic I haven't mentioned, and that is cod-liver oil. It is really a food rich in vitamins. If you have a husband or an uncle who feels that he must have a tonic which comes in a bottle, which he can take from a spoon, give him cod-liver oil.

10/10/10

The first part of the paper is devoted to a discussion of the general principles of the theory of the structure of the atom. It is shown that the structure of the atom is determined by the laws of quantum mechanics, and that the laws of quantum mechanics are determined by the laws of the special theory of relativity. The second part of the paper is devoted to a discussion of the application of the theory of the structure of the atom to the study of the properties of matter. It is shown that the theory of the structure of the atom can be used to study the properties of matter, and that the properties of matter can be used to study the theory of the structure of the atom. The third part of the paper is devoted to a discussion of the application of the theory of the structure of the atom to the study of the properties of the universe. It is shown that the theory of the structure of the atom can be used to study the properties of the universe, and that the properties of the universe can be used to study the theory of the structure of the atom.

When the members of my family begin to grow listless, and lose their appetites, I take special pains that my meals shall include plenty of fresh vegetables, canned tomatoes, fresh or dried fruits, and eggs. Such foods as these put old-fashioned "yarbs" clear out of the running.

So much for the spring tonics. We shall now proceed to the important part of our program, which is a recipe for Mulligatawny Soup. I'll tell you now that this is a long recipe, that is, it contains ever so many ingredients, but it is easy to make. First, I'll give you the six ingredients for the meat stock:

3 or 4 pounds veal knuckle	1 onion, cut in halves
2 quarts cold water	2 stalks celery, and
1/2 teaspoon peppercorns	A blade of mace.

Six ingredients, for the meat stock: (Repeat)

Now, there are eleven -- yes, that's right -- eleven more ingredients, for this famous Mulligatawny soup. I shall read very slowly, while you make a list of the eleven ingredients:

3/4 cup sliced onion	1 cup canned tomato
1 cup carrot, cut in small cubes	1/2 teaspoon curry powder
1/2 cup finely cut celery	2 cloves
1 green pepper, finely cut	1 sprig parsley, and
1 tart apple, sliced	2 teaspoons salt, or to taste
1/4 cup butter	

Eleven ingredients. Check them, please: (Repeat)

First, we shall get rid of the six ingredients I gave you first, for the soup stock. Wipe the knuckle of veal. Put it into a kettle, with the water, the peppercorns, the onion, the celery, and the mace. That includes all the six ingredients, for the soup stock. Simmer for two hours. Then remove the scum, and strain the soup stock.

Now, since the meat stock is done, we'll begin on this second list of ingredients, and get rid of the first six of them, at one fell swoop -- I mean sloop. Cook the onion, the carrot, the celery, the green pepper, and the apple in the butter, until lightly browned. Then add the meat stock, the canned tomato, and the seasoning. The seasoning includes the last four ingredients, that is, the curry powder, cloves, parsley, and salt. Simmer for one hour, or until the vegetables are tender. If desired, the vegetables may be strained out, rubbed through a sieve, and returned to the soup mixture. Whatever way the vegetables are desired, add 1 cup or more of the meat, finely chopped to the soup. Serve the soup, piping hot, with croutons.

Mulligatawny soup is almost a meal in itself; it's^a/meal par excellence

R-H.C. 2/27

with oven-toasted bread or rolls; potato chips; and a good dessert, like Upside-down apple cake. Remember the Upside-down apple cake? It was the prize recipe, two years ago; it seemed to me that everybody in the United States was writing for a copy of the recipe. Good thing it's in the Radio Cookbook. Good thing it's in the Radio Cookbook.

To repeat the menu: Mulligatawny Soup; Oven-toasted Bread or Rolls, Potato Chips; and Upside-down Apple Cake.

Tomorrow: "Questions and Answers."

